



Apple Bean Cake



Bean Burgers



Taco Bean Salad



Bean and Fennel Salad

Folate is a B vitamin

- Folate is the form found in food
- Folic acid is the form found in supplements

Folate helps to reduce the risk of some birth defects such as neural tube defects. Eating a well-balanced diet according to Canada's Food Guide* and taking a multi-vitamin that contains 0.4 mg of folic acid can help to reduce the risk of a baby developing a neural tube defect (1).



Health Canada recommends that all women that could become pregnant take a multivitamin that contains 0.4 milligrams of folic acid daily (1).
Talk to your health care provider about choosing a supplement.

Folate is found in a variety of healthy foods including (2):

Cooked pulses
white pea (navy) beans, black beans, lentils and chickpeas



Vegetables
Green: cooked asparagus, broccoli, and peas; romaine lettuce
Other: cooked beets, brussels sprouts, corn



Fruit
Avocado, oranges, orange juice



Enriched grain products
bread, buns, bagels, pasta



Peanuts, sunflower seeds





Bean, Rice and Corn Salad

3 cups (750mL) cooked white pea beans
 1 cup (250mL) cooked brown rice
 1 cup (250mL) frozen corn, cooked
 1 sweet red pepper, diced
 1 stalk celery, diced
 1/2 red onion, diced
 1 small jalapeno, minced (optional)
 1/2 cup (125mL) chopped cilantro

Vinaigrette:
 Juice of 2 limes
 1/4 cup (50mL) vegetable oil
 1 tbsp (15mL) chili powder
 1 tsp (5mL) cumin

In a large bowl, combine all salad ingredients. Set aside. To make the vinaigrette, combine the lime juice, vegetable oil, chili powder and cumin in a small jar with a tight-fitting lid. Shake well. Toss salad with dressing. Season.

Serves 6-8

NUTRITION (PER SERVING (1/8 RECIPE)): Energy 216 kcal; Protein 8 g; Fat 7 g; Carbohydrates 32 g; Total Dietary Fibre 7 g; Sodium 19 mg

It is easy to include beans in your diet. Start with a can of your favorite beans – kidney beans, navy beans, black beans or any other bean of choice – and drain the beans in a colander and rinse under running water. Look for canned beans that are lower in sodium.



Creole Style Bean Soup



Bean & Tomato Bruschetta



White Bean Salsa



Chicken & Bean Baked Tortillas

Add beans to your favorite soups and stews

Toss beans into your green garden salad or any other leafy green salad

Simply add beans to your favorite go-to vegetable pasta salad

The next time you are serving salsa, stir some beans into the salsa

Include beans with the other ingredients in your omelette

Sources:

- (1) Health Canada. Prenatal Nutrition Guidelines for Health Professionals - Folate Contributes to a Healthy Pregnancy. <http://www.hc-sc.gc.ca/fn-an/pubs/nutrition/folate-eng.php> (Accessed 04/24/2017).
 - (2) Health Canada. Nutrient Value of Some Common Foods. http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php (Accessed on 04/24/2017).
- * To access Eating Well with Canada's Food Guide visit <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>



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